

## Conflict Coaching Self Reflection

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|--|---|---|
| 1. I built trust with the client.                        | Y | N |
| 2. I was able to stay present and mindful.               | Y | N |
| 3. I used the model.                                     | Y | N |
| 4. I refrained from judgment.                            | Y | N |
| 5. I think the client thought it was useful.             | Y | N |
| 6. The client left with a plan.                          | Y | N |
| 7. The client left with a sense of optimism/empowerment. | Y | N |

8. What worked?

9. What could have been handled a little differently?

10. What would have likely happened without the coaching work?